Grains

EGG NOODLES, DRY, ENRICHED
Date: April 2009   Code: B424

PRODUCT DESCRIPTION

- Egg noodles are made from durum flour or semolina, egg products, and water. It has added iron, thiamin, niacin, riboflavin, and folic acid, and comes in ribbons or small or large bow shapes.

PACK/YIELD

- Egg noodles are packed in 1-pound packages, which is about 16 servings (½ cup each) of cooked noodles.

STORAGE

- Store unopened packages of egg noodles in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.

PREPARATION/COOKING

- Boil water in a large pot.
- Add egg noodles. Bring to boil again. Stir often.
- Cook noodles uncovered approximately 10 to 15 minutes until firm to bite for full flavor.
- Egg noodles are done cooking when they are easy to bite through but are still firm.
- Remove from heat and drain well before serving.

USES AND TIPS

- Egg noodles may be topped with a tomato or meat sauce, oil and garlic, cheese, and vegetables.
- Egg noodles are a great side dish for stews and soups.
- Combine with eggs, fish, poultry, vegetables, or meat.

NUTRITION INFORMATION

- ½ cup of cooked egg noodles counts as 1 ounce in the MyPyramid.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (80g) enriched egg noodles, cooked

Amount Per Serving

Calories 110   Calories from Fat   15

	% Daily Value*
Total Fat 1.5g	**3%**
Saturated Fat 0.5g	**2%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 5mg	**0%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 4g	

Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet.

BEEF NOODLE CASSEROLE

MAKES ABOUT 4 SERVINGS

Ingredients

- 2 ¾ cups egg noodles, dry
- 1 pound lean ground beef
- ½ cup onion, chopped
- 1 can (about 10 ounces) tomato soup
- 1 ¼ cups water
- ⅛ teaspoon black pepper
- 1 cup dry bread crumbs

Directions

1. Preheat oven to 350 degrees F.
2. Cook egg noodles according to package directions. Drain.
3. In a medium-size skillet, cook beef and onions until beef is browned and cooked through. Drain any fat.
4. Stir soup, water, and pepper into meat mixture. Add cooked noodles and stir until combined.
5. Spoon mixture into a 9x13-inch baking dish. Sprinkle with bread crumbs.
6. Bake for 15 minutes.

Tip

You can substitute ground turkey for the ground beef.

Nutritional Information for 1 serving (about 1 ½ cups) of Beef Noodle Casserole							
Calories	450	**Cholesterol**	95 mg	**Sugar**	7 g	**Vitamin C**	2 mg
Calories from Fat	130	**Sodium**	420 mg	**Protein**	31 g	**Calcium**	95 mg
Total Fat	14 g	**Total Carbohydrate**	47 g	**Vitamin A**	24 RAE	**Iron**	6 mg
Saturated Fat	5 g	**Dietary Fiber**	4 g				

Recipe adapted from USDA Recipes and Tips for Healthy, Thrifty Meals.

EASY TUNA AND PEAS

MAKES ABOUT 4 SERVINGS

Ingredients

- ½ pound egg noodles, dry
- ½ can (about 10 ounces) reduced sodium cream of mushroom soup
- 1 can (about 12 ounces) tuna packed in water, drained
- 1 cup canned peas, drained

Directions

1. Cook noodles according to package directions. Drain.

2. In a medium-size saucepan, heat soup until hot. Stir in tuna and peas, and cook 5 minutes.

3. Pour over cooked egg noodles and serve.

Nutritional Information for 1 serving (about 1 cup) of Easy Tuna and Peas							
Calories	360	**Cholesterol**	75 mg	**Sugar**	2 g	**Vitamin C**	5 mg
Calories from Fat	30	**Sodium**	200 mg	**Protein**	32 g	**Calcium**	43 mg
Total Fat	4 g	**Total Carbohydrate**	45 g	**Vitamin A**	25 RAE	**Iron**	4 mg
Saturated Fat	1 g	**Dietary Fiber**	3 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org.